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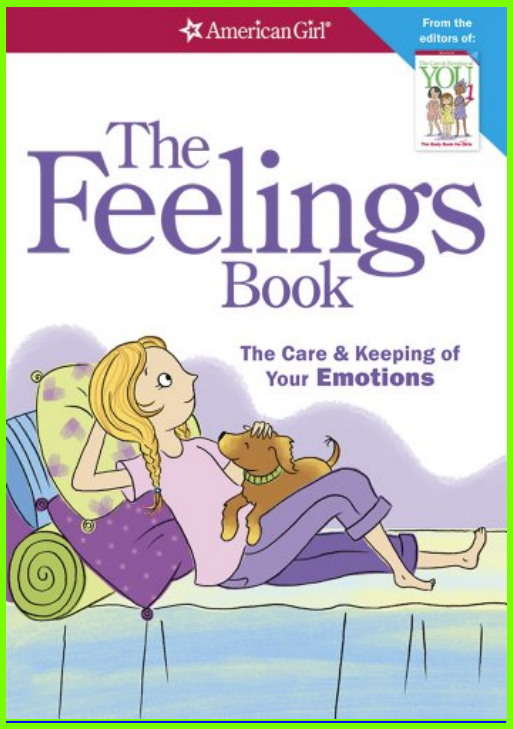

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This invaluable companion to The Care &Keeping of You received its own fresh update! The Feelings Book will help you understand your emotions, and deal with them in positive ways. You ll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver s seat of your own emotions!